

# 5 WAYS TO STOP THE SPREAD OF FLU



## 1 WASH YOUR HANDS

Flu viruses can live on hands for a short time so touching things or shaking hands can spread the virus. Washing your hands well will kill the virus. It is also very important to wash your hands before eating.



## 2 ALWAYS USE TISSUES

Cover your mouth and nose with a tissue to protect those around you from catching flu from your coughs and sneezes.



## 3 DISPOSE OF TISSUES PROPERLY

Make sure that your used tissues are disposed of properly to be sure others do not come into contact with the virus on used tissues.



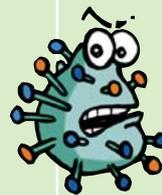
## 4 IF YOU DON'T HAVE TISSUES, COVER YOUR MOUTH AND NOSE

If you do not have a tissue, sneezing into your hands and immediately washing them afterwards or into your upper arm helps to prevent the virus from spreading.



## 5 STAY HOME WHEN YOU ARE ILL

You are most likely to spread flu soon after you develop symptoms. Stay at home to avoid making others sick but seek medical attention if you are not getting better.



## WHAT IS INFLUENZA?

**Seasonal influenza – or ‘flu’** – is caused by a virus which infects the respiratory system (nose, throat, bronchi and sometimes lungs). It is spread from person to person via droplets from the coughs and sneezes of an infected person or by indirect contact and can last for over a week. The disease can cause anything from only few symptoms to serious illness.

**Symptoms include:** a sudden onset of high fever, muscle pain, headache and general discomfort. Other symptoms can include tiredness, coughing, sneezing, congestion and irritation in the nose, eyes, throat and ears.